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Festival of Cultures: A Family Recipe Cook Book

Cassie Dandy
Pacific University

Tracy Migrants
Pacific University

Sami Rivas
Pacific University

Mei Ueno
Pacific University

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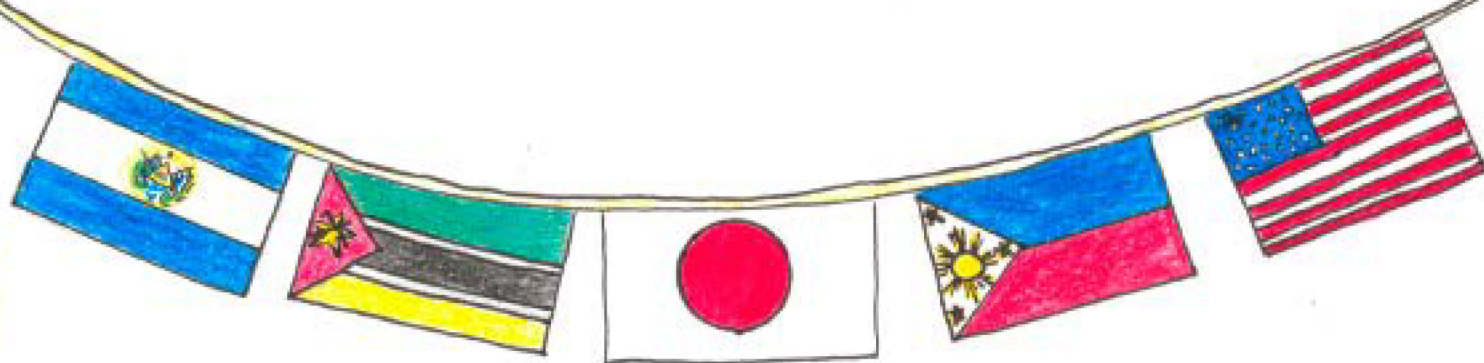
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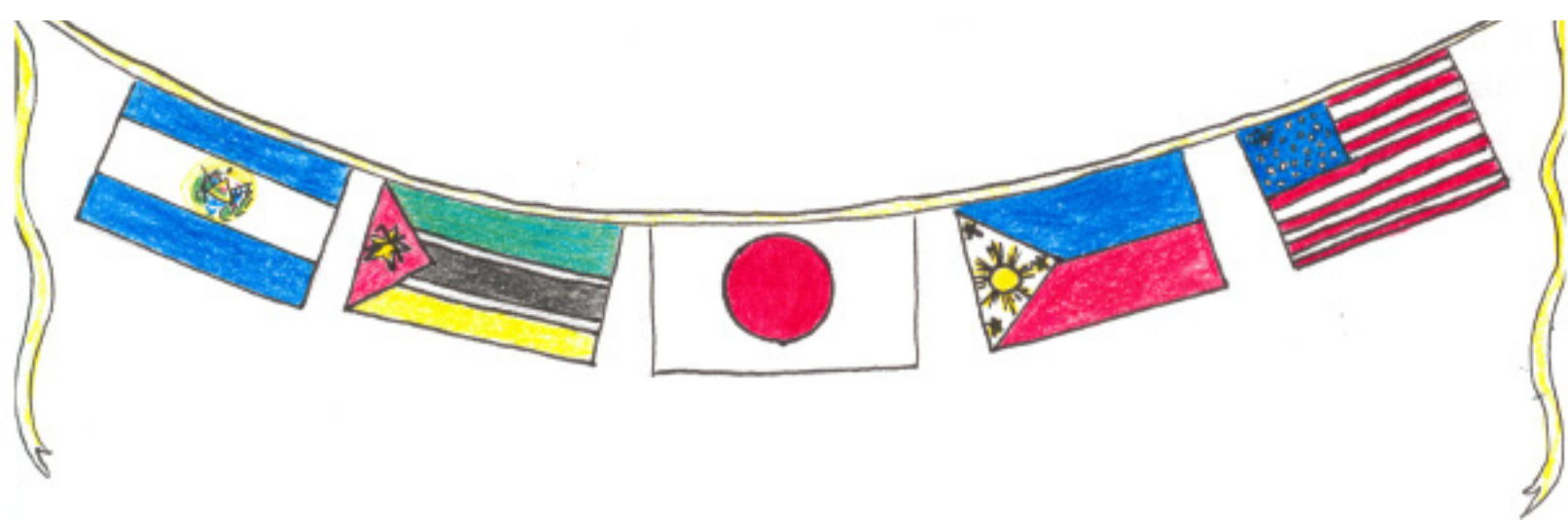


FESTIVAL OF CULTURES

A Family Recipe Cook Book



Written and Illustrated by:
Cassie Dandy & Tracy Migrants
Sami Rivas & Mei Ueno



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This book is intended to open a line of conversation through fun and tasty family interaction. The text addresses racial microaggressions that occur in our society's day to day life experiences and how we can learn to
honor and love
the diversity that exists within our world.

Our hope is that this book will encourage family conversation about the topics of race and diversity, while offering activities to do with your child that might make discussing these topics easier.

Children, please do not attempt to make any of these recipes without the supervision of your parents or other responsible adult.

Meet the Mélange Family

The Mélange family shares a beautiful diversity with one another. Mr. Mélange is El Salvadorian. Mrs. Mélange is American. They have three young children who were adopted from different countries: Summer, August, and June. Summer is the youngest daughter, she is six years old and she is Filipino. August, the only son, is eight years old and he is Mozambican. Finally, June is the oldest daughter, she is ten years old, and she is Japanese. The Mélange family has a tradition where every night at dinner they talk about their day...



One night at dinner, June looked confused and asked her father, "Dad, what does it mean when someone asks me 'where are you from'?"

Mr. Mélange was puzzled and replied, "Why are you asking that June?" June explained, "today at school on the playground, Harry asked me where I was from...and then he told me he thinks I speak really good english."

"Oh June, what Harry said really wasn't OK. All people are different from each other in many ways and that is a beautiful thing; but, maybe Harry just doesn't understand that yet" Mr. Mélange responded.

Mrs. Mélange looked at June and said, "Yes, I agree with your Dad. Harry may not understand that you come from our family and that our family is full of differences that we celebrate... differences that make our family magnificent. Sometimes, when people don't see other cultures in their everyday life, they may not understand people's different cultural practices, and cannot yet see them as a necessary and remarkable thing that make up all of the diverse wonder of the world."

Summer, with a determined and excited look on her face asks, "Momma, could we have a party to show off our family's differences to our friends?" Her mom, smiling at the idea, says to Summer, "I think that's a great idea! You can all invite your friends and we will have a party, a *Festival of Cultures*!"



The next day after school, Mom and Dad pick the kids up and they begin to plan their festival.

Mom cannot wait to have all the children's friends over and she tells the kids,

“Hi! We need to get ready for our festival of cultures, so let's go to the grocery store. I need you all to choose one type of food and decoration from your culture to make for your friends and show them at the party. Let's go buy the ingredients and the things you need to make your decorations!”

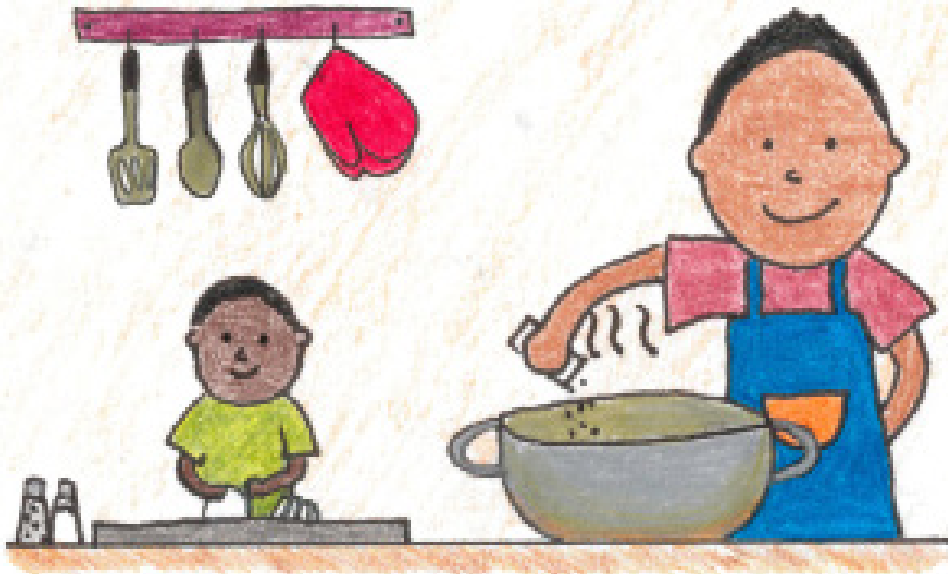


While shopping for ingredients, they discover that not all ingredients that they need to make their recipes are carried at the general grocery store. They had to make some stops at the local ethnic food markets in their town. This was a really great way for the kids to experience each other's unique cultures.



“I’m really excited to hear about and cook your special recipe today,” said dad to August.
“What did you choose from your heritage?”

“Dad, I picked Chicken Piri-Piri from Mozambique of course, just like my grandma used to make with coconut milk and those yummy spicy peppers” replied August.



Chicken Piri-Piri

from Mozambique



Piri-Piri Marinade

- 3 cloves garlic, peeled and chopped
- 1/2 teaspoon crushed red pepper flakes
- 1 Tablespoon smoked paprika
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 Tablespoon red wine vinegar
- 1/4 cup coconut milk

Chicken

- 1 pound of skinless boneless chicken thighs
- salt and pepper to taste
- 2 Tablespoons of olive oil
- 2 cups of chopped peppers
- (All colors or any color preferred)
- 4–6 thin slices of lemon
- 2 teaspoons of chopped fresh thyme
- 2 teaspoons of chopped fresh rosemary

In a large bowl add all the Piri Piri Marinade ingredients and whisk briskly until fluidity is even. (Or if food processor is available, then puree the ingredients).

Generously season the raw chicken with salt and pepper. Place the chicken in a large sealable plastic bag. Add the piri-piri marinade and close. Rub the bag to fully coat the chicken in the marinade then refrigerate for 4 hours, or overnight.

Preheat the oven to 400° F.

Heat olive oil in a skillet over medium high heat. Place chicken in the skillet and brown each side until it is a nice golden-brown color. Reserve the marinade. Turn off heat and add reserved marinade, peppers, lemon slices, thyme and rosemary over the chicken. Cover the skillet with parchment paper.

Bake for 20 - 30 minutes, or until the chicken reaches an internal temperature of 165° F in the thickest part. Cooking time will depend of the size of the chicken. Remove from oven and allow to rest, covered, for 10 minutes.

Serve with the lime wedges and pan juices.

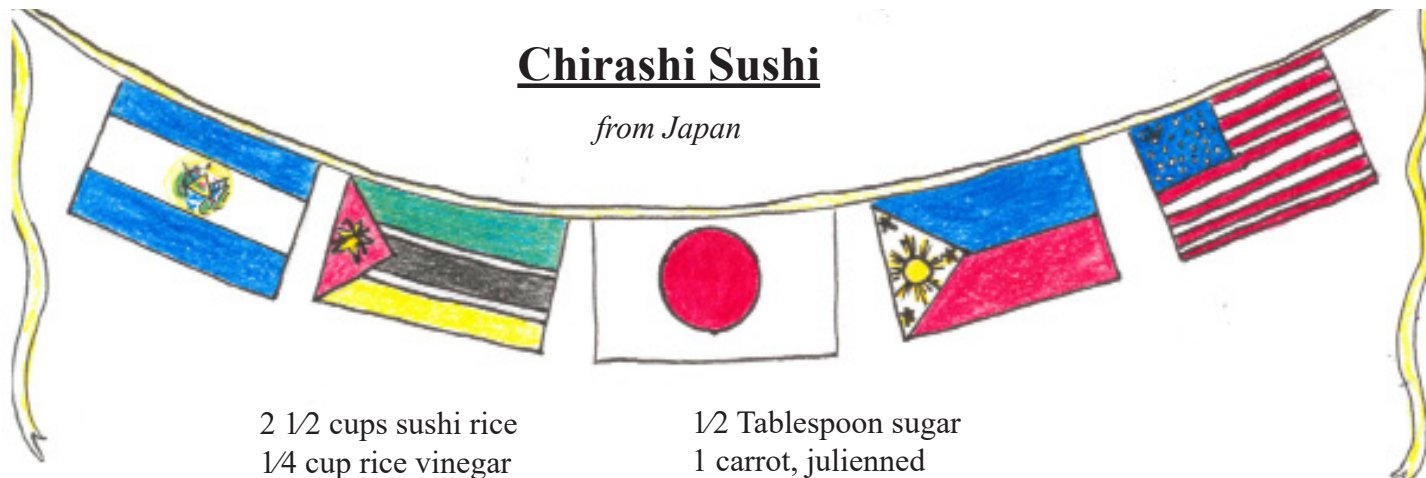
Mom said excitedly, “June, I love the way that the sushi you chose to make looks like art. It is beautiful and delicious!”

“In Japan, making sushi is an art form. This sushi is a special kind that is usually served during Hinamatsuri, a day that hopes for the future happiness of girls. That’s why I picked it, because I’m a girl, Mom!” exclaimed June.



Chirashi Sushi

from Japan



2 1/2 cups sushi rice

1/4 cup rice vinegar

2 Tablespoons sugar

1 teaspoon sea salt

8 dried shiitake mushrooms

1 Tablespoon soy sauce

1 Tablespoon sugar

3 eggs

1/2 Tablespoon sugar

1 carrot, julienned

1/2 Bamboo shoot

1 cucumber, julienned

2 ounces imitation crabmeat, shredded

2 Tablespoons white sesame seeds

Denbu (pink sugar)

In a large sauce pot, pour in 2-1/3 cups of water and add the rice. Cook on high heat until boiling. When it begins to boil, cover the pan, lower the heat, and allow to simmer for about 20 minutes. Turn off the heat when it is done cooking.

In a separate bowl, mix the rice, rice vinegar, sugar and salt and leave it until it becomes cool.

Put 2 cups of warm water in a small bowl, add the shiitake mushrooms and allow to rehydrate (plump up and become moist again). Keep the mushroom soaking water for cooking in later. Next, remove the stems from the mushrooms and slice them very thinly with a knife.

Heat 2/3 cup of the reserved mushroom water and add the sliced shiitake, carrot, bamboo shoot, soy sauce and sugar. Simmer all of this over low heat until the liquid is evaporated, remove from heat and set aside. In a large bowl, beat the eggs and 1/2 Tablespoon sugar. Lightly oil a hot skillet, add enough of the egg mixture to make a small crepe-like omelet (flip over half-way through cooking). Repeat this procedure until all of the egg mixture is used up. Cut these cooked egg omelets into strips.

Serve the sushi rice in a large bowl and scatter the remaining toppings over the rice: the sliced shiitake mushrooms, carrots, bamboo shoots, cucumbers, imitation crab meat, egg strips, Dembu, and sesame seeds.

“Mom, will you show me how to mince the garlic for my pancit family recipe?” Summer asked.

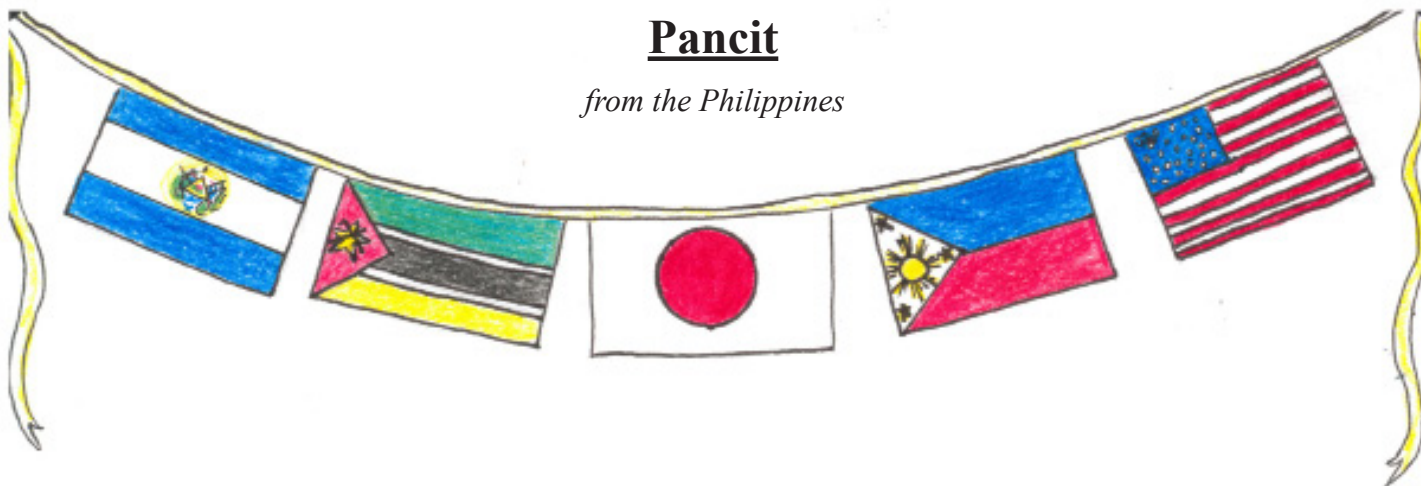
“I’d love too. Did you know that in the Philippines, the dish pancit signifies long life and health, and that is why Filipinos serve it at every birthday, new years celebration, and baptism? It also originated in China” mom explained to Summer.

“Wow mom, I did not know that. That is really cool! I think pancit is really yummy, and I can’t wait to eat it with my friends!”



Pancit

from the Philippines



- 1 (12 ounce) package dried rice noodles
- 1 teaspoon vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups diced cooked fresh chicken breast meat
- 1 small head cabbage, thinly sliced
- 4 carrots, thinly sliced
- $\frac{1}{4}$ cup soy sauce
- 2 lemons cut into wedges for garnish

Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.

Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft. Stir in chicken, cabbage, carrots and soy sauce. Cook until cabbage begins to soften.

Toss in noodles and cook until heated through, stirring constantly. Transfer pancit to serving dish and garnish with quartered lemons.

“Mmmmm, the brownies smell so yummy” said August.

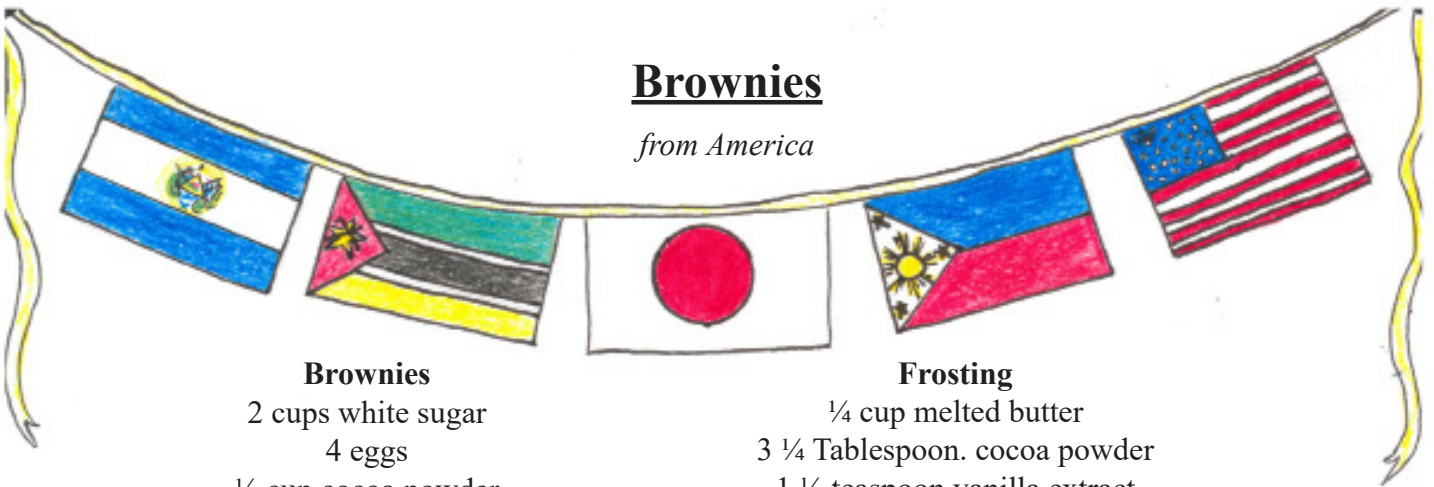
“Mom said that these are the brownies that grandma used to make for her when she was little” said June.

“It’s an old family recipe that was passed down to our grandma from her grandma” replied August.



Brownies

from America



Brownies

2 cups white sugar
4 eggs
 $\frac{1}{2}$ cup cocoa powder
2 teaspoon vanilla extract
1 cup butter, melted
 $1 \frac{1}{2}$ cups sifted white flour
 $\frac{1}{2}$ teaspoon iodized salt
(optional) 1 cup chopped walnuts

Frosting

$\frac{1}{4}$ cup melted butter
3 $\frac{1}{4}$ Tablespoon. cocoa powder
 $1 \frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{4}$ bag powdered sugar (can add more as needed)

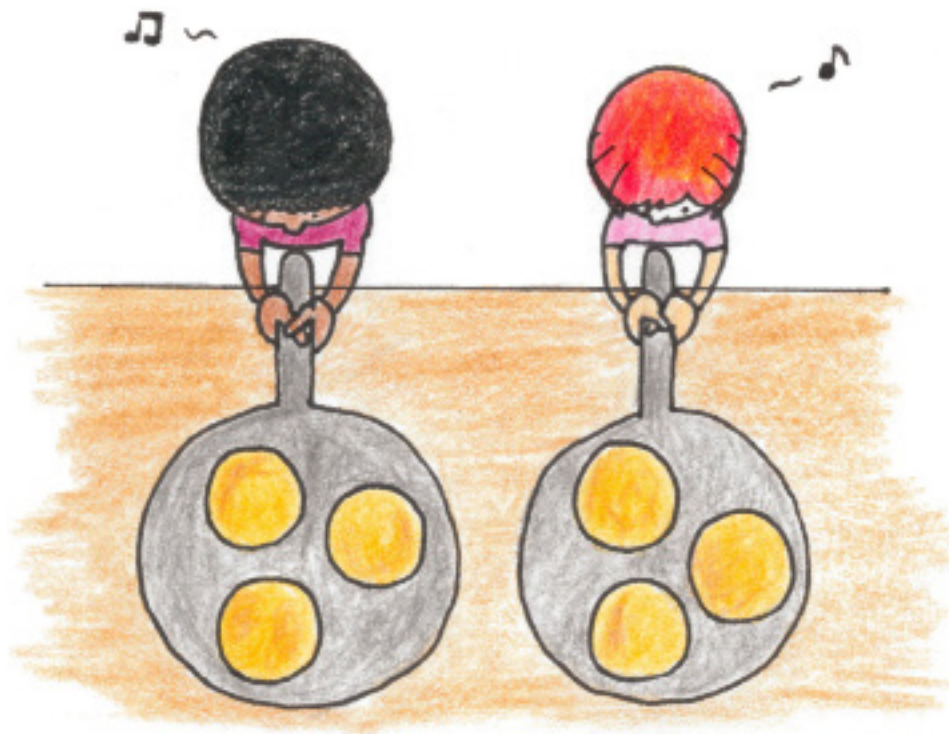
Thoroughly grease a 9x13 inch baking pan with butter or lard then lightly coat with white flour. Preheat oven to 350 F degrees. In a mixer, combine the (Brownie) sugar, cocoa, and salt and then stir until well mixed. With the mixer running at medium speed, slowly mix in the melted butter; continue mixing until thoroughly combined (slightly smooth with a few small lumps). Keep mixer on medium speed and add in eggs one at a time along with the vanilla extract. Finally, add in the sifted flour all at once and mix for a few minutes until thoroughly combined. Be careful not to over-mix. It is alright if there are a few small lumps in the batter; this means it has not been overmixed.

Pour the batter evenly into the 9x13 prepared pan and put in the pre-heated oven for 30 minutes. When the 30 minutes is up, check the brownies for doneness (insert a toothpick into the center, if it comes out clean they are done). If they are not done, cook another five minutes and check again. Add more time slowly, if needed; once the toothpick comes out clean the brownies are done.

While the brownies are baking, prepare the frosting. In a mixer combine the (Frosting) melted butter, cocoa powder, vanilla extract, and evaporated milk, and beat on medium speed until smooth and creamy. Turn the mixer down to low and slowly add in the powdered sugar. Keep mixing until the frosting has a smooth, semi-thick consistency; add more powdered sugar if needed to get the correct consistency.

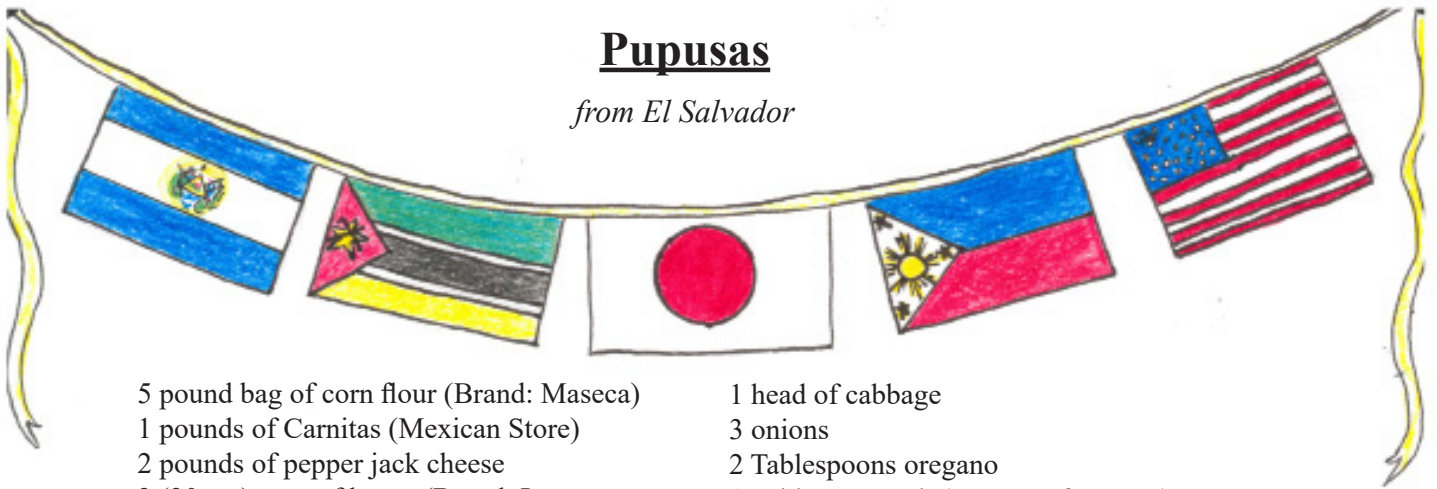
When the brownies are done baking, pull them out of the oven and immediately frost them while hot! Allow them to cool thoroughly, sprinkle lightly with more powdered sugar, and then cut them into 12-24 pieces (depending on how big you want them). Eat, share, and enjoy your delicious treat!

While the brownies are baking, dad prepares the masa for his famous El Salvadorian Pupusas. As he supervizes his children flipping the pupusas, he explains, “My mother, your grandmother, once told me the making of pupusas goes back two thousand years in the country of El Salvador and the ingredients and cooking tools from many, many years ago were found preserved in volcanic ash.”



Pupusas

from El Salvador



5 pound bag of corn flour (Brand: Maseca)
1 pounds of Carnitas (Mexican Store)
2 pounds of pepper jack cheese
2 (20 oz.) cans of beans (Brand: La costena) refried black beans (refritos)
3 pounds of tomatoes
2 green bell peppers
1 boiled potato
1 head of cabbage

1 head of cabbage
3 onions
2 Tablespoons oregano
1 Tablespoon salt (taste test for more)
1 garlic head
16 oz. bottle of apple cider vinegar
2 carrots
2 teaspoons chicken flavor bouillon
(caldo con sabor de pollo)

Dice one onion, one bell pepper, one boiled potato and two tomatoes. Grind up the carnitas with the diced vegetables. Shred the cheese separately and place in separate bowl. Empty refried black beans into a separate bowl. In another separate bowl, add 4 cups of corn flour and add water until a soft play-dough consistency develops.

In a large sauce pan, boil one gallon of water. Shred the cabbage, onion, and the carrot. Add oregano in pinches to the boiling water and then add the shredded mixture into the boiling water for 30 minutes. Drain after cooking.

Once everything is ready, cut out two equal circles out of a plastic bag (such as a grocery bag).

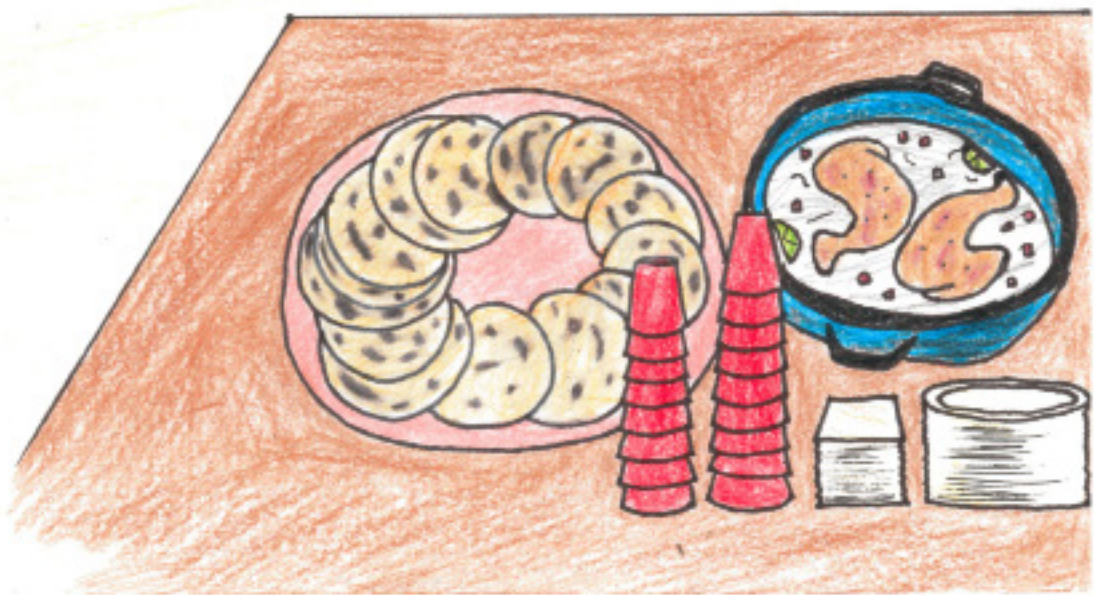
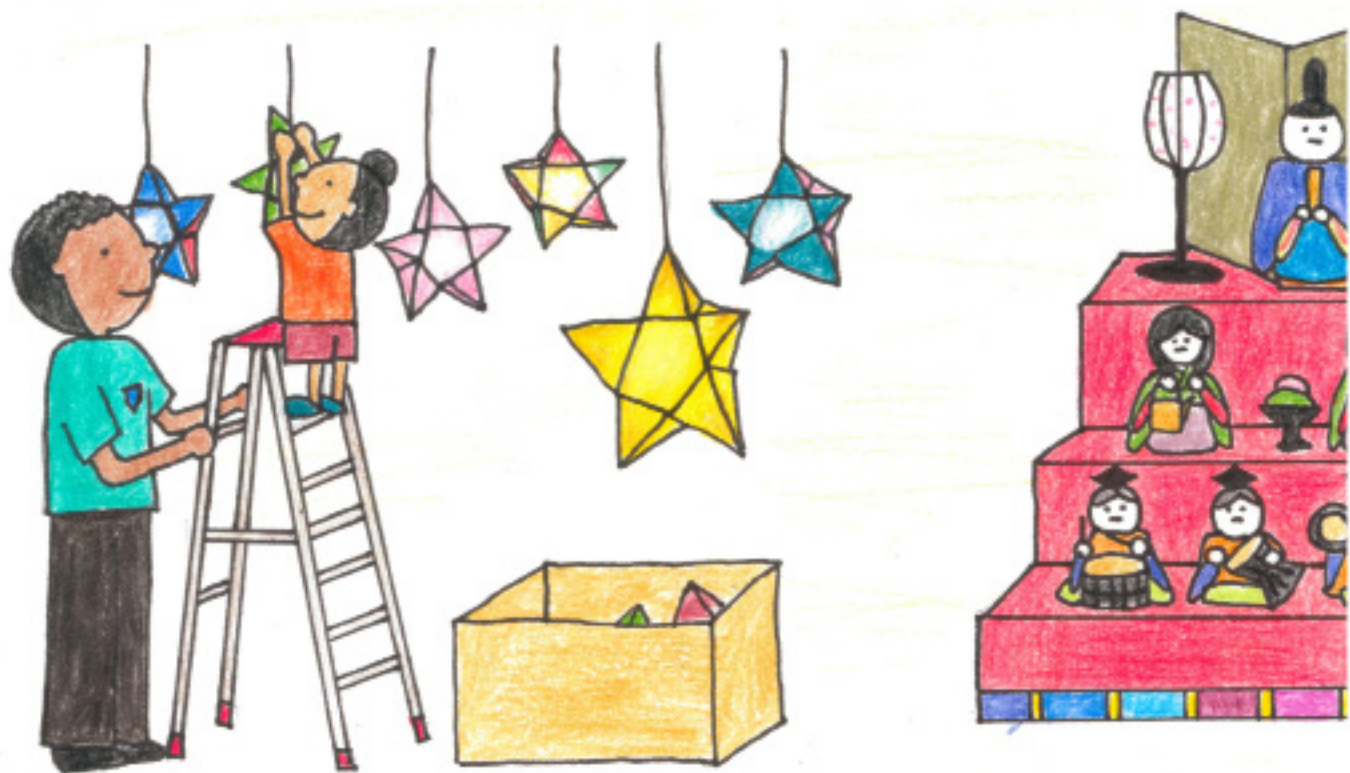
Take the corn flour mixture and create a ball close to baseball size, create a little crater or “bowl” out of the ball, and then fill the “bowl” with cheese, refried beans, and the carnitas mixture. Pinch off the mixture so all of the filling remains inside and roll back into a ball (making sure all maseca mixture is covering all the filling inside).

Place one plastic circle down, place the ball in middle of circle, then place the second plastic circle on to.

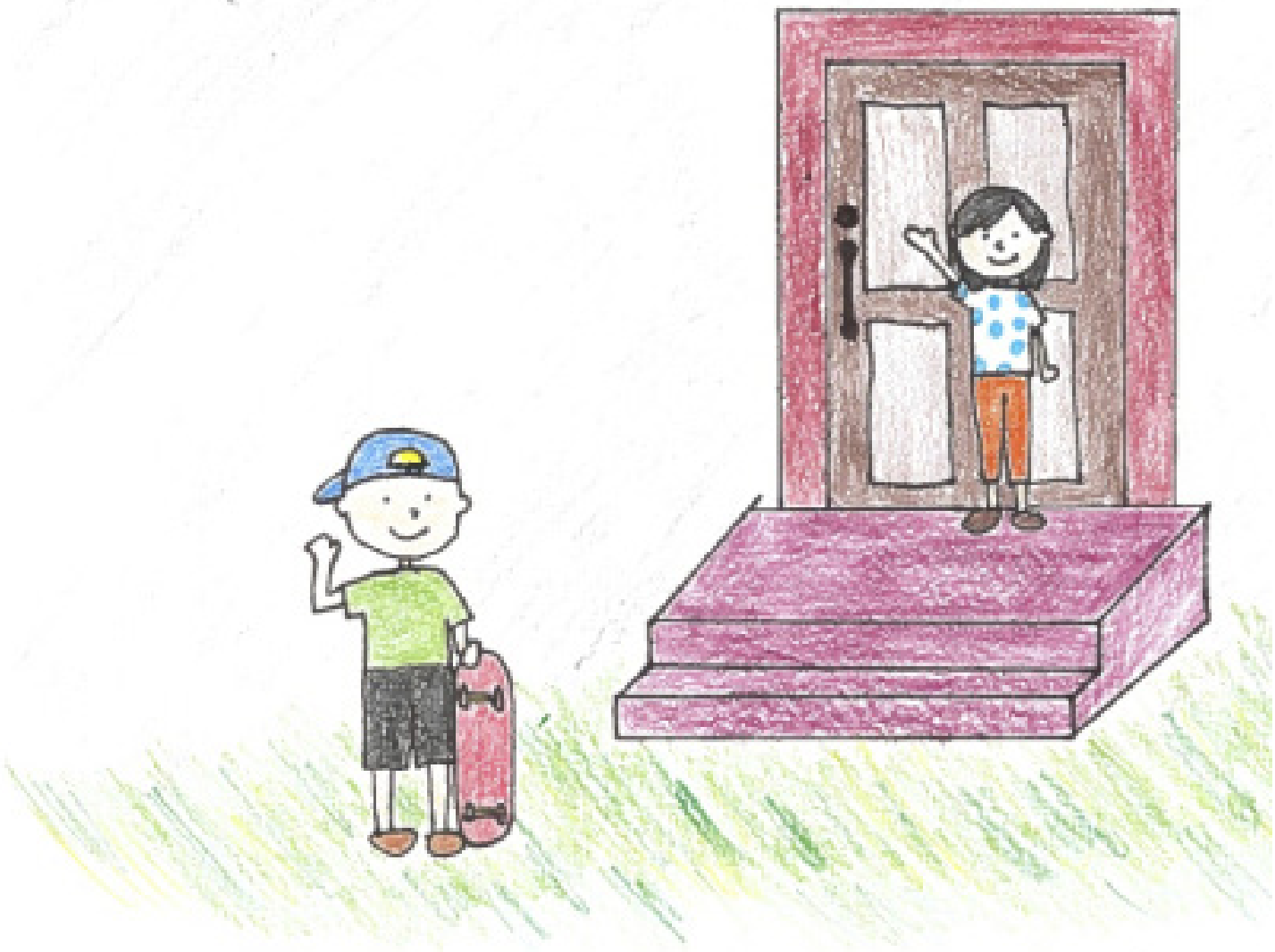
Begin to flatten ball into a thick pancake (use a little water and rub against edge of pupusa to fix edges).

Remove the pupusa from the plastic and let sit on a pre-heated Griddle or cast iron skillet. Cook each side of pupusa for about three minutes each side for a golden/brown finish.

For the tomato sauce, in another bowl, combine vinegar, salt, and red pepper flakes (pizza chili flakes). Boil 2 cups water and add six tomatoes, ½ bell pepper, 3 garlic small cloves, ½ carrot, ½ onion, and one Tablespoon oregano. Once everything has boiled blend everything with 2 teaspoons “caldo con sabor de pollo” (chicken flavor bouillon) and serve with the pupusas.







June greets Harry and welcomes him lovingly to the party of cultures.

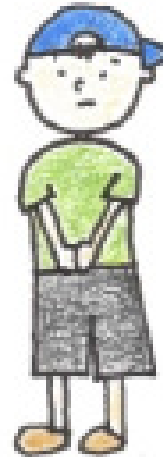
“Hi Harry, come on in.”

“Hi June....Wow, what is all of this?”

“It’s our festival of cultures!”, June exclaimed.



Harry feels uncomfortable as he looks around at all the unique decorations and special foods at the party. He wonders how he fits in? June notices how Harry isn't joining in with everyone at the party so she waves him over.



“C’mon and eat with us Harry, there’s tons of good food from all over the world!”

After joining June and other friends at the party, trying out all of the new and delicious foods, and learning about all of the decorations and customs of June and her family, Harry realized how wonderful it is that everyone can have different values, beliefs, customs, foods, and culture. He was so glad that June invited him to the party. All he could think about was, “Wow, the M lange family is so different from my family, but it is so cool! I never realized how being different from each other could be so awesome and important.”





On Monday, at school during recess, Harry ran up to June. He was very excited to see his new friend.

“Hi, June!”, said Harry excitedly. June replied, “Hi, Harry!”

“Thank you for inviting me to your party. I had so much fun learning about all the different cultures in your family. Maybe this weekend you can come over to my house and meet my family and learn about our culture” Harry suggested with joy.

June could not wait for the weekend to come so she could learn about Harry’s family culture and traditions too, “I would love that!” she said. “Cool! Hey, do you want to go play on the monkey bars with me?” Harry asked June. “Yeah, come on let’s go!” replied June.



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